



TEAM NEWSLETTER



Office Hours: Mon-Thurs: 9:00 am - 5:00 pm; Fri: 9:00 am - 12:00 pm

Office Phone: (281) 969-8759

#FCSTFamily

Website Links

Competitive Team

Practice Schedules

FCST Pools and
Parking

League/Learn To
Swim/Tri

Masters

Time Standards

Contact Verification

FCST Equipment List

D&J Sports Equipment

Important Dates

- Feb. 16: SC Champs I
- Feb. 22 – 24: SC Champs II
- Feb. 28 – Mar. 3: Senior Sectionals
- Mar. 1 – 3: SC Champs III
- Mar. 7 – 9: TAGS

News & Updates:

- **Thank you FCST Families for the support in Spring & Rosenberg, TX!** The SSAN Winter Invite & Jan. Developmental Meet was a huge success!
- **Scroll down for the Coach Corner: What is the importance of 'Friend time' at swim practice?**
- **Make sure to follow us on our social media platforms:** scroll down on the left side column for our Facebook, Twitter, and Instagram accounts! GO FCST!

Upcoming Meet Information:

Meet Webpage, Dates, & Location:	Athletes Eligible:	Prelim and Final Entry Deadline:	Volunteer Opportunities:
Champs I. Feb. 16. TBD	8 & Under swimmers	Jan. 15 & 22	Coming soon!
Champs II. Feb. 22 - 24. TBD	9 – 10, 11 – 12, & 13 – 14 w/ less than 2 A times swimmers	Jan. 22 & 29	Coming soon!
Senior Sectionals. Feb. 28 – Mar. 3. College Station, TX	Qualified swimmers	Jan. 24 & 31	Coming soon!
Champs III. Mar. 1 - 3. Don Cook	13 – 14 w/ more than 3 A times & 15 – 18 swimmers	Jan. 24 & 31	Coming soon!

*Families are responsible for communicating meet entry issues with their athlete's respective coach, as their primary coach is most responsible for their athlete's training and competitive plan

**Once the final entry deadline has passed, no changes may be made on FCST's end. Athletes can deck-enter at the meet (if allowed by meet management) at their own expense and with coach's permission. This is not the most ideal way to enter a meet, having schedules planned ahead of time

Social Media

Facebook

Twitter

Instagram

Contact Us

Team Accounts &
Billing

HR & Administration

Volunteer Coordinator

Team Merchandise

Distribution List
Removal

*If you are no longer
affiliated with the team and
would like to be removed.
Contact
socialmedia@swimfcst.com

is very beneficial to the athlete

Coaches Corner


What is the importance of 'Friend time' at swim practice?

In today's world we are so busy all the time, it's easy for us as parent to slip into always telling our kids to "hurry up". Let me caution you to take a step back and let them be kids. People were designed to be in relationships and we thrive when we are involved in positive supportive ones. Children have a variety of relational needs. They need involved parents, positive coaches and teachers, and they need friends. Friend relationships fill a need in children that we as adults cannot and should not fill. As adults we have a very important role in the lives of children. We train, teach, encourage and discipline. Friends fill a very different need for children.

Let me share an example: At a swim meet last year my daughter had a very difficult line up. She had to swim the 200 butterfly, then one heat later swim the 400 freestyle. Both were events she was trying with all her might to make a TAGS cut in. She swam a strong, best time 200 butterfly because, well, it just isn't right to "save up", but missed the cut she was after. She jumped out of the pool and straight into the warm down pool. She was still out of breath when she got on the blocks for the 400 free but was staying mentally strong. She swam with all her heart on this race, once again obtained a best time but again missed the cut for TAGS. When she looked up at the clock from the pool I could see the disappointment in her face. She went to see her coach who said all the right things. I told her how proud I was of her for what she had just faced without holding back.

But, what she really needed was what happened next. She went to the warm down pool and was met by one of her swimmer friends who wrapped her arms around my daughter and held her while my daughter sobbed. This friend was there for her, she knew how important this goal was to her, had watched her work hard at practice everyday all season long towards this goal, and she knew how bad this failure would hurt her friend and so she engulfed her in the kind of understanding hug only a swim friend can provide. Our kids will engage in a variety of friendships. They have school friends, church friends, neighborhood friends, and swim friends. These are all important relationships, but only fellow swim friends understand the sacrifices and dedication it takes to be a swimmer. Only another swim friend will understand leaving a slumber party at 6:30 am to go to morning practice on a Saturday because Champs is only a couple of weeks away. Only another swimmer understands the exhilaration of watching the sun rise during morning practice and then coming back to see the sun set during practice later that very same day.

There is a special bond that happens when swimmers work their tails off together on a daily basis. Let me encourage you to plan to let your swimmers have time with their teammates. The nature of swimming does not allow for much socializing during practice. You can bring your swimmers to practice 15 minutes before practice. Also, don't be so quick to yell at them to hurry up at the end of practice, your swimmers are busy building valuable friendships. Instead take this time to get to know the other parents who are waiting for their swimmers. You too will be spending a lot of time with these swim families. You can support these friendships by sitting with other



parents at swim meets, and sometimes head out to lunch together after a long day of sitting poolside. Encourage these friendships, nobody understands a swimmer quite like another swimmer!

*So that I don't get in trouble with the other coaches, please don't bring your swimmer more than 15 minutes early and always be on time to pick them up at the end of practice.

- Coach Jill